

PARKS & RECREATION

FITNESS & WELLNESS

Aerobic Body Toning

Aerobic Body Toning offers a well-balanced and complete workout that will help you improve your cardiovascular fitness coordination and burn calories. *Yoga mat and hand weights are optional.*

Classes:	Fee:	Ages:
16	\$28	12+
2/8 - 3/7	Mon-Thu	8:30-9:30 am
3/14 - 4/7	Mon-Thu	8:30-9:30 am
4/18 - 5/12	Mon-Thu	8:30-9:30 am

Cardio Kickboxing

Burn fat, firm muscles, and relieve stress with a total body workout. The movements learned in this class will help: work upper body by jabbing, lean/tone legs by kicking and firm your abdominal muscles with knee strikes.

Classes:	Fee:	Ages:
12	\$30	15+
2/9 - 3/3	Tue-Thu	6:30-7:30 pm
3/15 - 4/7	Tue-Thu	6:30-7:30 pm
4/19 - 5/12	Tue-Thu	6:30-7:30 pm

Zumba Toning

Get fit , rock out, and have a blast! Zumba classes are high-energy fitness parties that offer real results. With specially choreographed routines and the latest music .

Classes:	Fee:	Ages:
12	\$30	12+
2/8 - 3/7	Mon-Wed	5:30-6:30 pm
3/14 - 4/6	Mon-Wed	5:30-6:30 pm
4/18 - 5/11	Mon-Wed	5:30-6:30 pm

TODDLER CLASSES

Pee Wee Sports

Your young child will learn the basic fundamentals of popular sports such as t-ball, soccer, basketball, and more! Participants will engage in different sports each week.

Classes:	Fee:	Ages:
8	\$30	3-5
2/9-3/3	Tue & Thu	9:30-10:30am
3/15-4/7	Tue & Thu	9:30-10:30am
4/19-5/12	Tue & Thu	9:30-10:30am

Creative Little Hands

Fun four-week program gives children the opportunity to develop their creativity through different arts and craft activities.

Classes:	Fee:	Ages:
4	\$30	3-5
2/12-3/4	Fri	9:30-11 am
3/18-4/8	Fri	9:30-11 am
4/22-5/13	Fri	9:30-11 am

Start Right!

In this 10 week program, students will have the opportunity to practice the essential skills needed to begin the school year successfully.

Classes:	Fee:	Ages:
20	\$115	3, 4-5
1/4 - 3/16 (3)	Mon & Wed	8:30-10:30 am
1/4 - 3/16 (4-5)	Mon & Wed	10:45 am-12:45 pm

Tiny Tots

Ten week program will give children a head start before pre-school through recreational activities.

Classes:	Fee:	Ages:
20	\$85	4
1/5 - 3/10	Tue & Thu	10:45 am-12:45 pm

MUSIC CLASSES

Guitar (Acoustic)

Don't sit back and watch others play guitar. Bring your guitar and learn how to read music, learn the different cords and learn how to play simple songs in a welcoming group setting. *\$15 material fee for guitar book. Students must provide their own guitar.*

Classes:	Fee:	Ages:
4	\$40	8+
2/4 - 2/25	Thu	6:30-7:30 pm
3/3 - 3/24	Thu	6:30-7:30 pm
3/31 - 4/21	Thu	6:30-7:30 pm

SPECIAL INTEREST

Karate

Looking for a class where you or your child can learn self-defense and get a good workout? If so, karate is for you. Learn how to defend yourself while enjoying an excellent workout. *\$35 mandatory uniform fee*

Classes:	Fee:	Ages:
8	\$40	7+
2/8 - 3/7	Mon & Wed	6:00-7:00 pm
3/14 - 4/6	Mon & Wed	6:00-7:00 pm
4/11 - 5/4	Mon & Wed	6:00-7:00 pm

Sewing & Auto Upholstery 101

Save money and dress in style by sewing your own cloths. Students will learn how to select patterns, fabrics, pattern layout, and construction. You can also learn auto upholstery, learn basic sewing, diamond tufting and how to sew pleats.... And much more! *\$20 mandatory materials fee*

Classes:	Fee:	Ages:
6	\$60	17+
2/27 - 4/2	Sat	9:00 am-12:00 pm
4/23 - 5/28	Sat	9:00 am-12:00 pm

Let's Sing!

Discover and improve your singing voice in this group vocal class. You will learn the basics of vocalization through games, karaoke and other fun techniques. This class will work with you to gain control of your voice and build confidence in your singing abilities. Bring a water bottle to each class. Music will be provided.

Classes:	Fee:	Ages:
6	\$55	4+
2/27 - 4/2	Tue	4:30-6:30 pm
4/12 - 5/17	Tue	4:30-6:30 pm

Community First Aid & CPR

Course is for anyone with limited or no medical training who wants to learn basic first aid to help their family or co-worker. If participant requires a course completion card to meet job, regulatory or other requirements, participant may discuss with instructor prior to the class starting.

*\$12 mandatory material fee for First Aid manual.
(No refunds for this class 48 hours prior to the first day of class)*

Classes:	Fee:	Ages:
8	\$55	13+
2/6	Sat (English)	10:00 am-2:00 pm
2/20	Sat (Spanish)	10:00 am-2:00 pm
3/5	Sat (English)	10:00 am-2:00 pm
3/19	Sat (Spanish)	10:00 am-2:00 pm
4/2	Sat (English)	10:00 am-2:00 pm
4/16	Sat (Spanish)	10:00 am-2:00 pm
5/7	Sat (English)	10:00 am-2:00 pm
5/21	Sat (Spanish)	10:00 am-2:00 pm

Nippon Keupo (Self Defense)

Nippon Kenpo uses self-defense techniques in sticking, kicking, throwing, reverse-holds, and ground combat. We are very similar to MMA/ UFC martial arts (body armor is used during training and competition tournaments). Leadership, anti-Bullying, health & wellness, and nutrition education classes are included in the curriculum. *\$40 mandatory uniform fee*

Classes:	Fee:	Ages:
8	\$40	5+
2/9 - 3/3	Tue & Thu	6:00-7:00 pm
2/9 - 3/3	Tue & Thu	7:00-8:00 pm
3/15 - 4/7	Tue & Thu	6:00-7:00 pm
3/15 - 4/7	Tue & Thu	7:00-8:00 pm
4/19 - 5/12	Tue & Thu	6:00-7:00 pm
4/19 - 5/12	Tue & Thu	7:00-8:00 pm

Become an Actor/Actress

Don't miss out on this energetic, exciting class that teaches the basics of acting. Participants will have the chance to learn how to act through "real life" experiences. They will also learn how to build character and how to portray different emotions. Who knows, maybe you can land the next big movie role!

Classes:	Fee:	Ages:
6	\$55	4+
2/27 - 4/2	Tue	6:30-8:00 pm
4/12 - 5/17	Tue	6:30-8:00 pm

Beginners Cake Decorating

Learn the basic of cake decorating. You will learn how to ice a cake, make flowers, borders and create your own cake design. This class will provide the foundation to intermediate and advance cake decorating. *\$60 mandatory materials fee.*

Classes:	Fee:	Ages:
6	\$40	15+
2/8 - 3/7	Mon	10:00 am-12:00pm
3/14 - 4/4	Mon	10:00 am-12:00pm
4/18 - 5/9	Mon	10:00 am-12:00pm

Ice Skating

Paramount Iceland's enthusiastic and dedicated coaching staff encourages skaters of all ages and all levels to have fun while learning the fundamentals of skating, gliding, turning, stopping....and a trick or two! Skate rental is included in class fee. Must wear helmet.

Classes:	Fee:	Ages:
8	\$50	3-18
2/12 - 3/4	Fri	6:15-6:45 pm
2/13 - 3/5	Sat	11:45 am-12:15 pm
3/18 - 4/8	Fri	6:15-6:45 pm
3/19 - 4/9	Sat	11:45 am-12:15 pm
4/22 - 5/13	Fri	6:15-6:45 pm
4/23 - 5/14	Sat	11:45 am-12:15 pm

DANCE

Ballet

Creative movement class will introduce the basics of ballet techniques and terminology. Class includes learning body alignment, posture and flexibility.

Mandatory items include:

*Ages 3-6 must wear pink tights, pink leotard, pink leather shoes and hair in a bun
Ages 7+ must wear pink tights, black leotard, pink leather ballet flats and hair in a bun*

Classes:	Fee:	
6	\$40	
Int Ballet	Thu	2/25 - 3/31 5:00-6:00 pm Ages: 8+
Pre Ballet	Fri	2/26 - 4/1 4:15-5:00 pm Ages: 3-4

How to Register...

- Fill out the Activity or League Registration Form. The form is available online at www.hpcg.gov or at the Salt Lake Park Recreation Center (3401 E. Florence Ave.).
 - Take the completed Activity/League Registration Form and payment to the Salt Lake Park Recreation Center.
- NOTE: Fees are payable by Check, Money Order, Visa, or MasterCard only
Make payments to "City of Huntington Park".

PARKS AND RECREATION

DANCE

Ballet

Kinder Ballet	Fri	2/26 - 4/1	5:00-5:45 pm	Ages: 5-6
Beg Ballet	Fri	2/26 - 4/1	6:00-6:45 pm	Ages: 7 - 12
Int Ballet	Sat	2/27 - 4/2	9:45-11:00 am	Ages: 8+
Kinder Ballet	Sat	2/27 - 4/2	11:00-11:45 am	Ages: 5-6
Pre Ballet	Sat	2/27 - 4/2	12:00-12:45 pm	Ages: 3-4
Beg Ballet	Sat	2/27 - 4/2	1:00-2:00 pm	Ages: 7-12
Int Ballet	Thu	4/14 - 5/19	5:00-6:00 pm	Ages: 8+
Pre Ballet	Fri	4/15 - 5/20	4:15-5:00 pm	Ages: 3-4
Kinder Ballet	Fri	4/15 - 5/20	5:00-5:45 pm	Ages: 5-6
Beg Ballet	Fri	4/15 - 5/20	6:00-6:45 pm	Ages: 7 - 12
Int Ballet	Sat	4/16 - 5/21	9:45-11:00 am	Ages: 8+
Kinder Ballet	Sat	4/16 - 5/21	11:00-11:45 am	Ages: 5-6
Pre Ballet	Sat	4/16 - 5/21	12:00-12:45 pm	Ages: 3-4
Beg Ballet	Sat	4/16 - 5/21	1:00-2:00 pm	Ages: 7-12

Hip Hop I & Hip Hop II

This Hip Hop class is for students who are interested in learning about the upbeat and fun dance form of hip hop. This class introduces basic hip hop movements and terminology. Each class incorporates a warm-up, introductory training of hip hop movements, and combinations using hip hop movements.

Classes: 16 **Fee:** \$25 **Ages:** 12+

Hip Hop I	2/23 - 3/29	Tue	6:00-7:00 pm
Hip Hop II	2/26 - 4/1	Fri	5:45-6:45 pm
Hip Hop I	4/12 - 5/17	Tue	6:00-7:00 pm
Hip Hop II	4/15—5/20	Fri	5:45-6:45 pm

Folklorico

Join the fun in Folkloric dance. Learn about Mexican culture through fun and enjoyable Folkloric dances that represent the different regions of Mexico. No previous experience necessary.

Mandatory items include:

Shoes (\$45-child) (\$60 adult), Skirt (\$35), Head Piece (\$10), Black Leotard (\$12-\$20)

Classes: 6 **Fee:** \$35

Pre Folkloric	Mon	2/29 - 4/4	4:00-5:00 pm	Ages: 4-7
Folkloric Beg	Mon	2/29 - 4/4	5:00-6:00 pm	Ages: 7-13
Folkloric Int	Mon	2/29 - 4/4	6:00-7:00 pm	Ages: 14-17
Folkloric Adv	Mon	2/29 - 4/4	7:00-8:00 pm	Ages: 18+
Folkloric Beg	Tue	2/23 - 3/29	5:00-6:00 pm	Ages: 10-15
Folkloric Int	Tue	2/23 - 3/29	6:00-7:00 pm	Ages: 30+
Folkloric Adv	Tue	2/23 - 3/29	7:00-8:00 pm	Ages: 17+
Pre Folkloric	Mon	4/11 - 5/16	4:00-5:00 pm	Ages: 4-7
Folkloric Beg	Mon	4/11 - 5/16	5:00-6:00 pm	Ages: 7-13
Folkloric Int	Mon	4/11 - 5/16	6:00-7:00 pm	Ages: 14-17
Folkloric Adv	Mon	4/11 - 5/16	7:00-8:00 pm	Ages: 18+
Folkloric Beg	Tue	4/12 - 5/17	5:00-6:00 pm	Ages: 10-15
Folkloric Int	Tue	4/12 - 5/17	6:00-7:00 pm	Ages: 30+
Folkloric Adv	Tue	4/12 - 5/17	7:00-8:00 pm	Ages: 17+

YOUTH SPORTS LEAGUES

Program	Ages	Fee	Registration
Little Dribblers Basketball	4 - 6	\$65	12/1/15-2/28/16
Youth Baseball	4 - 11	\$65	1/4/16-3/5/16
Girl's Basketball	7 - 17	\$65	1/26/16-4/11/16
Little Kickers Soccer	4 - 6	\$65	3/1/16-4/23/16
## Summer Baseball League	14-17	\$300	6/15/16-7/20/16

ADULT SPORTS LEAGUES

Program	Ages	Fee	Registration
Co-ed Softball	Uppers	\$378	4/4/16-5/23/16
##Co-ed Softball	Lowers	\$328	4/4/16-5/23/16
Men's Softball	Uppers	\$378	4/4/16-5/23/16
Men's Basketball	Uppers	\$412	4/4/16-5/23/16
Men's Basketball	Lowers	\$412	4/4/16-5/23/16

No playoff

AFTERSCHOOL PROGRAM



The Department of Parks and Recreation offers afterschool services Monday thru Friday at Freedom Park, Salt Lake Park and Robert H. Keller Park from 2—5 p.m.

Children ages 6-12 are encouraged to lead healthier lifestyles, through fun fitness activities, a free hot meal and nutrition & wellness education. Children are also provided homework assistance and leisure activities.

SENIOR PROGRAM



The Huntington Park Community Center hosts a Senior Program every Monday, Wednesday and Friday between 9 a.m. and 2:30 p.m.

Activities include bingo, dance Monday's, knitting club, health & wellness workshops, recipe of the month, dances, and much more!

For more information, call (323) 584—6352 or visit www.hpca.gov

Quinceañera EXPO

The City of Huntington Park invites you and your family to its 2nd Annual Quinceañera Expo on Sunday, April 3, 2016 at Salt Lake Park from 11 am to 5 pm. Come take a look at the latest quinceañera trends and fabulous local vendors varying from florists, photo booths, limo rentals, cake designers, catering companies, DJ's, bands, dress and tuxedo shops and many more. This expo is free to the public and will feature a dress and tuxedo fashion show, raffles and more. For more information, or if you are interested in sponsorship or vendor opportunities, please contact the Department of Parks and Recreation at (323) 584-6218 or send an e-mail to parks@hpca.gov.

Memorial Day CEREMONY

"Remembering those who served bravely."

Huntington Park Community Center

8925 Salt Lake Avenue

1:00 pm

May 30, 2016

Family Health Expo

Saturday, April 30, 2016

11 am—4 pm

Salt Lake Park

This Health and Wellness Expo will provide an opportunity for people of all ages to further expand their knowledge of fitness through healthy eating and fun physical exercise. The City of Huntington Park invites you to join us for this fun family event, featuring games, booths and raffles!



**Department of
Parks & Recreation**
3401 E. Florence Ave.
Tel. (323) 584-6218